

## **NUTRITION AND WELLNESS**

### **COMPREHENSIVE STANDARD**

- 6.0 Evaluate nutritional and wellness practices that promote individual and family well being across the life span.

### **CONTENT STANDARDS**

- 6.1 Analyze factors that influence nutritional practices and wellness across the life span.
- 6.2 Evaluate the nutritional needs of individual and families in relation to health and wellness across the life span.
- 6.3 Demonstrate planning, selecting, storing, preparing, and serving foods to meet nutritional needs of individuals and families across the life span.
- 6.4 Evaluate factors affecting food safety, from production through consumption.
- 6.5 Evaluate the impact of science and technology on food composition and safety, nutrition, and wellness of individuals and families.

## **Nutrition and Wellness Standards & Competencies**

*6.1 Analyze the factors that influence nutritional practices and wellness across the life span.*

- 6.1.1 Examine the psychological, cultural, and social influences related to food choices.
- 6.1.2 Explore the societal, governmental, socio-economic, and technological influences related to food choices and practices.
- 6.1.3 Examine the impact of food choices on the global community.
- 6.1.4 Examine legislation and regulations related to nutrition and wellness issues.

*6.2 Evaluate the nutritional needs of individual and families in relation to health and wellness across the life span.*

- 6.2.1 Analyze the effect of nutrients on health, appearance, job performance, and personal/family life.
- 6.2.2 Examine the relationship of nutrition and wellness to individual and family health, throughout the life span.
- 6.2.3 Assess the impact of food and diet fads, eating habits, and eating disorders on wellness.
- 6.2.4 Evaluate sources of food and nutrition information that contributes to wellness.

*6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span.*

- 6.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources.

*6.4 Evaluate factors affecting food safety, from production through consumption.*

- 6.4.1 Determine conditions and practices that promote safe food handling.
- 6.4.2 Analyze safety and sanitation practices throughout the food chain.
- 6.4.3 Determine how changes in national and international food production and distribution systems impact the food supply.
- 6.4.4 Investigate federal, state, and local inspection and labeling systems that protect the health of individuals and the public.
- 6.4.5 Review current issues about food safety and sanitation.

*6.5 Evaluate the impact of science and technology on food composition and safety, nutrition, and wellness of individuals and families.*

- 6.5.1 Assess current technology to locate food and nutrition information.
- 6.5.2 Determine how scientific and technical advancements have impacted the nutrient content, availability, and safety of foods.
- 6.5.3 Assess how the scientific and technical advancements in food processing, storage, product development, and distribution impact nutrition and wellness.
- 6.5.4 Determine the impact of technological advances on selection, preparation, and home storage of food.